

# Mindfulness in the Woods



**Sunday 30 June 2019, 10am – 4.30pm**  
**Course Information**

A gentle day offering an introduction to Mindfulness approaches, time for personal and group reflection and plenty of opportunity to relax and enjoy the beautiful Bottoms' Corner hazel woodland.

The programme includes guided meditations, self-awareness and reflective exercises, playful creative experiences and peaceful moments of stillness. The group will also be helped to think about how the experience of the day can be taken into everyday life.

This workshop is open to anyone who feels that they need a little bit of space in their busy life to personally recharge, restore and reflect in a natural setting.

For those who need them, CPD certificates will be provided with 5.5 hours CPD entitlement.



Please note, this day is for adults only and is **not** a therapy group for in depth work on individual issues.

Plenty of tea and coffee with fruit and homemade cake will be on offer throughout the day.

## Course venue

The course provides the opportunity to spend a day in the beautiful and peaceful setting of Bottoms' Corner Wood. We will be outside in Bottoms' Corner Wood, a working hazel woodland that's part of the Wassledine farm, Upper Gravenhurst, Bedfordshire. The wood is midway between the villages of Gravenhurst and Campton, near Shefford just within the parish of Gravenhurst. It's a location that's hidden away, so further directions will be sent before the course date.

Although it's a beautiful setting, please be aware that the facilities are quite basic. There is off road parking along a surfaced but bumpy track. We have an outside, composting toilet with camping style hand wash. There's a walk of about 300m over grass rides (including a slope), from the carpark to the venue, through the lovely woodland. We can provide a lift for you if you need it. If you have any doubt about your physical ability please call for a chat; we'll do all we can to make the day enjoyable for you.

If you would like to come by public transport, please let us know in advance; we will assist if we can.

## What to bring

- a meditation cushion or mat that you already like to use, or a blanket to sit or lie on (if you don't want to lie on the grass)
- Packed lunch (we'll provide tea, coffee, drinks, biscuits, fruit and homemade cake)
- Suitable outdoor clothes, boots, waterproofs or sunhat, sunblock (remember we'll be outside all day)

## Wet weather plan:

There is some shelter in the wood, so a little rain is not a problem, but if the weather is extremely bad the course may have to be cancelled. The decision will be taken the day preceding the course and we will contact you by phone, so please provide us with the best number to use in case we are very unlucky with the weather. If this happens a full refund will be provided. We will try our best to rearrange another date for the course. If you don't hear from us assume the course is going ahead.

## Booking & Payment

The cost of the course is £75 per person. Please complete the attached booking form.

## Course facilitator

Karin Creasy BA PGDip. UKAHPP, UKCP

Karin is a qualified and experienced Psychotherapist and trainer working in private practice and also with organisations and workplaces. With over thirty years' experience, Karin's professional training, her love of nature and creativity come together in her unique workshops. ([stortcounselling@hotmail.co.uk](mailto:stortcounselling@hotmail.co.uk))

If there's anything else you need to know please give us a call or send an email.

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